

What is claimed is:

1. A method for fostering worksite wellness which comprises the steps of:

establishing a worksite wellness website, said worksite wellness website being operated and maintained by an intermediary in cooperation with a provider;

selectively providing personal data by an end user to said worksite wellness website;

reviewing said personal data of said end user;

selectively prescribing a plurality of treatment exercises developed by a medical expert for use at said worksite wellness website, wherein said plurality of treatment exercises are responsive to said reviewing step;

incorporating said personal data and said plurality of treatment exercises to establish a personal occupational program for use by said end user; and

retrieving said personal occupational program from said worksite wellness website through said intermediary by said end user.

2. A method as recited in claim 1 further comprising the step of validating said personal occupational program for adaptation by said end user.

3. A method as recited in claim 2 further comprising the step of modifying said personal occupational program in response to said validating step and said reviewing step.

4. A method as recited in claim 3 wherein said modifying step is accomplished by said end user.

5. A method as recited in claim 3 wherein said modifying step is accomplished by said medical expert.

6. A method as recited in claim 1 wherein said personal occupational program includes a prevention section and a rehabilitation
5 section.

7. A method as recited in claim 6 wherein said prevention section has information pertaining to selected subject areas, and wherein said subject areas are selected from a group including education, activities of daily living, exercise and specific safe work activities.

10 8. A method as recited in claim 6 wherein said rehabilitation section includes said plurality of treatment exercises prescribed by said medical expert for use by said end user, and further includes information pertaining to selected subject areas, and wherein said subject areas are selected from a group including education, activities of daily living, exercise
15 and safe work activities.

9. A method as recited in claim 1 wherein said retrieving step is accomplished by deliverables, and wherein said deliverables are selected from a group including streaming over the internet, printing a handout, ordering a videotape, and ordering a CD.

10. A system to foster worksite wellness by establishing a personal occupational program for use by an end user which comprises:

5 a provider for creating a worksite wellness program having a plurality of information modules, with each said information module pertaining to a specific occupational specialty and for combining a plurality of occupational programs within each said information module;

a means for connecting said provider in communication with an intermediary via an internet connection;

10 a means for allowing said intermediary to present said plurality of information modules for accessibility for said end user;

a means for customizing a specific said information module into a personal occupational program with personal data by said end user;

15 a medical source for evaluating said personal data of said end user, and for selectively tailoring said personal occupational program to include a plurality of treatment exercises developed by said medical source; and

20 a means for retrieving said personal occupational program from said provider through said intermediary, said personal occupational program being presented in conformance with and in accordance with said personal data and said plurality of treatment exercises.

11. A system as recited in claim 10 wherein said personal occupational program includes a prevention section and a rehabilitation section.

25 12. A system as recited in claim 11 wherein said prevention section and said rehabilitation section each include information pertaining to selected subject areas, and wherein said subject areas are chosen from a group including education, activities of daily living, exercises and specific safe work activities.

13. A system as recited in claim 11 wherein said rehabilitation section includes said plurality of treatment exercises prescribed by said medical source for said particular end user to perform.

14. A system as recited in claim 10 wherein said means for retrieving said personal occupational program is selected from a group consisting of internet streaming, printout, CD, and videotapes.

15. A method for using a worksite wellness program operated and maintained by an intermediary in cooperation with a provider which comprises the steps of:

10 customizing said worksite wellness program into a personal occupational program with personal data by an end user;
retrieving said personal occupational program by said provider and through said intermediary;
reviewing said personal data of said end user by a medical expert;
15 selectively prescribing a plurality of treatment exercises in said personal occupational program to said end user developed by said medical expert; and
selectively modifying said personal occupational program by
20 said end user and said medical expert.

16. A method as recited in claim 15 wherein said personal occupational program includes a prevention section and a rehabilitation section.

17. A method as recited in claim 16 wherein said prevention section and said rehabilitation section each includes information pertaining to selected subject areas, and wherein said subject areas are selected from a group including education, activities of daily living, exercise and specific safe work activities.

18. A method as recited in claim 16 wherein said rehabilitation section includes said plurality of treatment exercises prescribed by said medical expert.

19. A method as recited in claim 15 wherein said retrieving step is
5 accomplished by deliverables, and wherein said deliverables are selected from a group including streaming over the internet, printing a handout, ordering a videotape and ordering a CD.